Abstract of the Disclosure

~~Personal electronic web health log~~

A personal electronic web health log is for storing, processing and using personal health data associated with a user. It includes ~~having~~ a data interface which can be used to set up a communication link to contracting parties when required in order to transfer data from the health log to them at least intermittently. There is preferably ~~where there is~~ a local health log on the user's computer with pre-structured electronic forms for inputting the personal health data, and also a converter, actuated using selection schemes, for producing encrypted data which are anonymous, so that they permit no inference as to the identity of the user, for addressed filing of at least some of the data on ~~the Internet or the like~~ a network, such as the internet.